



## *My Health. My Medicare.*

### *Medicare Preventive Benefits 2013*

**Medicare Part B pays for preventive care to help you stay healthy.  
Talk to your doctor to see if these benefits are right for you.**

<b>Abdominal Aortic Aneurysm Screening</b>	People at risk for abdominal aortic aneurysms may get a referral for a one-time screening ultrasound at their “Welcome to Medicare” physical exam. <b>You pay nothing</b> if your doctor accepts assignment.
<b>Alcohol Misuse Counseling</b>	Medicare covers one alcohol misuse screening per year. <b>Effective October 14, 2011</b> , people who screen positive can get up to 4 brief face-to-face counseling sessions per year. <b>You pay nothing</b> if the doctor or health care provider accepts assignment.
<b>Behavioral Therapy for Cardiovascular Disease</b>	<b>Effective November 8, 2011</b> , Medicare covers intensive behavioral therapy for cardiovascular disease referred to as a CVD reduction visit. The visit consists of three components: encouraging aspirin use for prevention of cardiovascular disease when the benefits outweigh the risks, screening for high blood pressure and counseling to promote healthy diet. <b>You pay nothing</b> if your doctor accepts assignment.
<b>Bone Mass Measurement</b>	For those enrolled in Medicare <b>at high risk for losing bone mass</b> Medicare will cover once every 24 months; more often if medically necessary. <b>You pay nothing</b> for this test if your doctor accepts assignment.
<b>Cardiovascular Screening Blood Tests</b>	Medicare covers cardiovascular screening tests that check your cholesterol and other blood fat (lipid) levels every <b>5 years</b> . Includes: <ul style="list-style-type: none"><li>• Total Cholesterol Test</li><li>• Cholesterol Test for High Density Lipoproteins; and</li><li>• Triglycerides Test</li></ul> You pay <b>nothing</b> if your doctor or health care provider accepts assignment.

<b>Colorectal Cancer Screening</b>	<p>For <b>all</b> those enrolled in Medicare <b>age 50 and older</b></p> <ul style="list-style-type: none"> <li>• <b>Fecal-Occult blood test</b> covered annually – No cost for the test. <b>You pay no Part B deductible and copayment</b> for the doctor’s visit. You pay nothing if your doctor accepts assignment.</li> <li>• <b>Flexible sigmoidoscopy</b> once every four years or 10 years after a previous screening colonoscopy. <b>No Part B deductible.</b> You pay nothing if your doctor accepts assignment.</li> <li>• <b>Barium enema</b> can be substituted for sigmoidoscopy or colonoscopy – <b>No Part B deductible.</b> Medicare pays 80% of the approved amount for the doctor’s services.</li> <li>• <b>Screening Colonoscopy</b> for <b>any age</b> enrolled in Medicare</li> </ul> <p><b>Average risk</b> - Once every <b>ten</b> years, but not within <b>four</b> years after a screening flexible sigmoidoscopy</p> <p><b>High-risk</b> - Once every <b>two</b> years, <b>you pay nothing</b> if your doctor accepts assignment.</p> <ul style="list-style-type: none"> <li>• If the Flexible sigmoidoscopy, Barium enema, or Colonoscopy are done in a hospital outpatient setting, you pay a copayment.</li> </ul>
<b>Depression Screening</b>	<p><b>Effective October 14, 2011</b>, Medicare covers one depression screening per year. The screening must be done in a primary care setting that can provide follow-up treatment and referrals. <b>You pay nothing</b> if the doctor or health care provider accepts assignment.</p>
<b>Diabetes Screening Tests</b>	<p>Anyone enrolled in Medicare identified as “high risk” for diabetes will be able to receive screening tests to detect diabetes early. Covers <b>up to two screenings each year</b>. Includes:</p> <ul style="list-style-type: none"> <li>• fasting blood glucose test</li> </ul> <p><b>You pay nothing</b> if your doctor or health care provider accepts assignment.</p>
<b>Diabetes Monitoring and Education</b>	<p>Covers all people with Medicare who have diabetes and must monitor blood sugar (Not paid for those in a nursing home)</p> <p><u>Covered services:</u></p> <ul style="list-style-type: none"> <li>• Blood sugar monitors, test strips, lancet devices and lancets</li> <li>• Education &amp; training to help control diabetes</li> <li>• Foot care once every 6 months for those with peripheral neuropathy</li> </ul> <p>Medicare pays 80% of the approved amount <b>after</b> you meet the yearly Part B deductible.</p>
<b>Flu Vaccination</b>	<p><b>Annually</b> (Medicare pays once a flu season, in the winter or fall. You do not have to wait 365 days since your last one.)</p> <p><b>You pay nothing</b> if your doctor or health care provider accepts assignment.</p>

<b>Glaucoma Screening</b>	<p>Must be done or supervised by an eye doctor (optometrist or ophthalmologist). Covered <b>annually</b> for</p> <ul style="list-style-type: none"> <li>• Those with diabetes</li> <li>• Those with a family history of glaucoma</li> <li>• African-Americans age 50 and older</li> <li>• Hispanic-Americans age 65 and older</li> <li>• Other high risk individuals</li> </ul> <p>Medicare pays 80% of the approved amount after you meet the yearly Part B deductible.</p>
<b>Hepatitis B Shots</b>	<ul style="list-style-type: none"> <li>• Covered for those who are at medium or high risk. <b>New:</b> Starting January 1, 2011, <b>you pay nothing</b> if your doctor or health care provider accepts assignment.</li> </ul>
<b>HIV Screening</b>	<p>Medicare covers HIV screening for people</p> <ul style="list-style-type: none"> <li>• Who are pregnant or at increased risk for the infection</li> <li>• Includes anyone who asks for the test</li> </ul> <p>Medicare covers the test once every 12 months or up to 3 times during a pregnancy. <b>You pay nothing for the test.</b> Medicare pays 80% of the Medicare approved amount for the doctor's visit.</p>
<b>Mammogram</b>	<p>For women age <b>40 and older</b> enrolled in Medicare a screening mammogram is covered</p> <ul style="list-style-type: none"> <li>• <b>once every 12 months</b> (includes new digital technologies)</li> </ul> <p><b>New:</b> Starting January 1, 2011, <b>you pay nothing</b> for the test if the doctor accepts assignment.</p>
<b>Medical Nutritional Therapy</b>	<p>Covered for those with <b>diabetes or kidney disease</b>. Includes a nutritional assessment and counseling to help you manage your disease. Medicare covers 3 hours of one-on-one counseling services the first year, and 2 hours each year after that. <b>You pay nothing</b> for these services if the doctor accepts assignment.</p>
<b>Obesity Screening and Counseling</b>	<p>Medicare covers intensive counseling to help with weight loss for individuals who have a body mass index of 30 or more. This includes: one face to face counseling visit each week for one month; one face to face counseling visit every other week for an additional five months and one face to face counseling visit every month for an additional six months if he or she has achieved a weight reduction of at least 6.6 pounds during the first six months of counseling. This counseling may be covered if it is done in a primary care setting, where it can be coordinated with a comprehensive prevention plan. <b>You pay nothing</b> if your doctor or health care provider accepts assignment.</p>
<b>Pap Test &amp; Pelvic Examination</b> (Includes clinical breast examination)	<p>Medicare covers screening Pap tests and pelvic exams and as part of the pelvic exam, Medicare also covers a clinical breast exam for all <b>women</b> enrolled in Medicare.</p> <ul style="list-style-type: none"> <li>• Covered once every <b>two</b> years for most</li> <li>• Covered annually for women at high risk</li> </ul> <p><b>You pay nothing</b> for Pap test or the pelvic and breast exams if the doctor accepts assignment.</p>

<b>Pneumococcal Pneumonia Vaccination</b>	<ul style="list-style-type: none"> <li>Once per lifetime for all enrolled in Medicare (A doctor may order additional ones for those with certain health problems.)</li> </ul> <p><b>You pay nothing</b> if your doctor or health care provider accepts assignment.</p>
<b>Prostate Cancer Screening Tests</b>	<p>For all men enrolled in Medicare <b>age 50 and older</b></p> <ul style="list-style-type: none"> <li>Covered <b>annually</b></li> <li><b>Digital rectal exam</b> – Medicare pays 80% of the approved amount after the yearly Part B deductible</li> <li>Prostate Specific Antigen (<b>PSA</b>) test – There is no coinsurance and <b>no Part B deductible</b> for the PSA test.</li> </ul>
<b>Smoking Cessation Services</b>	<p>Medicare will cover up to 8 face-to-face visits during a 12-month period. Medicare covers these counseling sessions as a preventive measure if you <b>have not</b> been diagnosed with an illness caused by tobacco use. <b>You pay nothing</b> for the counseling sessions.</p>
<b>Welcome to Medicare Preventive Visit</b>	<p>Medicare covers a one-time preventive visit exam <i>within the first <u>twelve months</u> that you have Part B</i>. The exam includes a thorough review of your health, education and counseling about the preventive services covered by Medicare and referrals for other care if you need it. <b>You pay nothing</b> if your doctor accepts assignment.</p>
<b>Yearly Wellness Visit</b>	<p>If you have had Part B for more than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors This includes:</p> <ul style="list-style-type: none"> <li>Review of medical and family history</li> <li>A list of current providers and prescriptions</li> <li>Height, weight, blood pressure, and other routine measurements</li> <li>A screening schedule for appropriate preventive services</li> <li>A list of risk factors and treatment options</li> </ul> <p><b>You pay nothing</b> for this exam if your doctor accepts assignment.</p>

## **Your Personalized Medicare Manager**

**Go to [MyMedicare.gov](http://MyMedicare.gov)**

- ✓ **Track your health care claims**
- ✓ **Get copies of your Medicare Summary Notices**
- ✓ **Check your Part B deductible status**
- ✓ **View your eligibility information**
- ✓ **Track the preventive services you can use**

**For assistance please call the Senior Health Insurance Information Program or SHIIP at 1-800-351-4664 (TTY 1-800-735-2942 or check the SHIIP website: [www.therightcalliowa.gov](http://www.therightcalliowa.gov)**

May 2013